Region VII (Central Visayas) lies at the center of the Philippines archipelago between the islands of Luzon and Mindanao. The three island provinces compose the region: Bohol, Cebu, and Siquijor. The terrain is characterized by highlands with narrow coastal strips of arable land. Bohol, however, has a level plateau upon which its agricultural areas are concentrated. The region's major business, industrial and services centre is in Cebu, located in Cebu province.